
Birkebeiner Bulletin

Volume 39 No 4
August 2016



Official Newsletter of the Birkebeiner Nordic Ski Club

PO Box 192 Mount Beauty Victoria 3699

Secretary: Doug Hamilton

Telephone: (03) 5754 1826

Mobile: 0431 248 298

Email: <weegie@live.com.au>

Website: www.birkebeiner.org.au

Bulletin copy closes the 1st of each month — May to October

Birkie Classic winner



2016 Birkie Classic winner Phil Bellingham with mum Ann



Birkie timing team finish line setup with timing gantry in place. All part of the preparation for the Club timing the Hoppet this year.



Timing officials for the Classic. From left: Michal Trnka (Chief), Brian Scott, Johanna Pihkanen & Roni McDowell



Office Bearers 2016/17

Officers

President	Ronice Goebel
Vice President	Blair Hume
Secretary	Doug Hamilton (03) 5754 1826
Treasurer	Ann Bellingham
Social Secretary	Kerry Lucas

Committee Members

Margaret Trnka
Jim Gargan
Ian Franzke
Allan Marsland
Michelle Forrer
Nick Wright
Alice Hamilton
Penny Goebel
Tony Keeble
Megan Benne

Volunteer Positions

Bulletin Editor & Website Administrator	Paul L'Huillier
Membership Secretary	Jim Gargan
Clubhouse Stewards	Tony Keeble & Megan Benne
Ski de Femme	Alice Hamilton & Ronice Goebel
Skidoo Steward	Ian Franzke
Bush S&R Victoria Delegate	Ian Franzke

Sub-Committees

Race Committee	Margaret Trnka (Secretary) Michal Trnka Ronice Goebel Nick Wright Doug Hamilton Paul L'Huillier
Junior Committee	Michelle Forrer (Convenor) Ronice Goebel Kate Prest
Search & Rescue Committee	Ian Franzke (Convenor) Jim Gargan
Club reps. on Hoppet Board	Bill Little Ronice Goebel
Hoppet Race Committee	Ben Derrick (Race Director) Allan Marsland (Board Ch'man) Helen L'Huillier (Secretary)

Click [HERE](#) to view all Hoppet Race Committee members



Victoria Local Infrastructure



In this Issue

- 1 Birkie Classic
- 2 Clubhouse Rules
Falls User Guide
- 3 2016 Activities Calendar
2016 Junior Calendar
Hoppet Volunteers needed
- 4 Birkie Bits by *Nordic Ned*
Race Report
- 5 New Junior Coach
Ski de Femme
- 6 Birkie Junior Program
- 7 Birkie Junior Camp
- 8 Murnane Family (USA)
National Juniors - Perisher Valley
- 9 Adult Instruction/ Coaching Clinics
Merino Muster NZ
2016 Membership & New Members
- 10 Mid Season Dinner photos

Clubhouse Rules

Tony Keeble & Megan Benne

Clubhouse is for day use only

For the comfort of others the committee asks all members to please observe the following rules:

1. No skis or waxing inside the building. (Waxing can be done in the skidoo shed next door, or in the Windy Corner Day Shelter waxing room.)
2. Use the shelves and hooks for your belongings, keep the downstairs benches clear for people to sit.
3. No outdoor footwear or wet clothes upstairs.
4. Clean up after yourself - no dishes to be left on the sink. Use the tea towels and put dishes away.
5. **Take all your rubbish home.** We do not have a rubbish bin in the clubhouse.
6. If you are the last person to leave the clubhouse please ensure all lights are off and the upstairs electric heater and kettle are off
7. Lock the door if you are the last person to leave, even in the middle of the day, to keep our belongings safe while we are out skiing.

Falls User Guide

A new web-based resource

Click this link www.fallsuserguide.com

The website covers both winter and summer activities at Falls Creek and includes excellent maps of all village and High Plains cross country ski trails (*refer to the image below*).





2016 Activities Calendar

August

Sat 13	• Ski de Femme — Falls Creek	Alice Hamilton
Sun 14	• Rocky Valley Rush/Sun Valley Ramble (15/7.5 km) (C) – 10:30 am	Margaret Trnka
Sat/Sun 20/21	• Australian SENIOR Championships (Sprint F – Distance C) – Falls Ck	Margaret Trnka
Thur 25	• Falls Creek Invitation Night Sprints (F)	Finn Marsland
Sat 27	• Kangaroo Hoppet Worldloppet Race 9:30am (7, 21, 42km - F)	Helen L'Huillier
September		
Sat 3	• Merino Muster Worldloppet Race (NZ) (7, 21, 42km - F) < http://www.merinomuster.com >	

Note: Adult Instruction/Coaching Clinic Timetable is on page 9.

2016 Junior Calendar

August

-----	• Junior Birkie Coaching (<i>refer to page 6 & club website for timetable</i>)
Sat 6	• Snow, Trek & Travel Mini Series #3 (C) – 11:00am — Falls Creek
Sun 7	• Junior Joey #3 . Meet at the Clubhouse Falls Creek at 10:30 am.
Sat 27	• Joey Hoppet 9:50 am (7km-F) — Falls Creek
Wed 31 – Sept 2	• Australian Secondary Schools Ski Team Championships
September	
Sun 4	• Snow, Trek & Travel Mini Series #4 (F) – 11:00 am — Falls Creek



Junior Joey events are run by parents and usually involve such activities as: novelty races, bumps and jumps, fun games and activities, snoaines (treasure hunt with maps & clues) and family dress-up days. The juniors then progress to the Birkebeiner Junior Program (Junior Birkies) which gives the children an opportunity to improve technique and further develop their personal skiing skills.

Contact – Michelle Forrer – **Mob:** 0417 206 672 – **Email:** <mishforrer@gmail.com>

Hoppet Volunteers needed

Nick Wright – Hoppet Volunteer co-ordinator

Dear BNSC Members,

The Kangaroo Hoppet is the Australian leg of the Worldloppet series of cross country ski races and we're all a bit lucky for our community to host this international event in our backyard!

This spectacular event is organised by volunteers (who also compete) and I'd like to invite you to be included as part of the excitement of the Hoppet Team that host this awesome event of the Worldloppet circuit.

Your help (including friends and family visiting) is invited in the days leading up to the event, with many opportunities to assist with the setup on the morning of Friday August 26th and before, during and after the event on Saturday August 27th.

- Tent checking working bee - Hoppet office - day to be announced (next fine day).
- Race bag packing - Hoppet office (auditorium) - **Thursday 18th August 10 am - 12 noon.**
- Setting up start/finish area - Nordic Bowl - **Friday 26th August from 9 am.**
- Complete setting up start/finish area - Nordic Bowl - **Saturday 27th August from 7 a.m.**
- Drink station helpers (Sun Valley, Watchbed Creek, The Park, Halfway mark in Nordic Bowl).
- Course marshals - Dam wall, Sun Valley far point, The Park turn-off, Pauls track cross over, more?
- Start gate marshals x 20 - **9 am to 10 am** Hoppet start in Nordic Bowl. Ideal job for parents of Joey skiers.
- Timing team/finish line marshals.
- Setting up Community Centre for presentations. **Friday morning, August 26th.**
- Packing up Community Centre **Saturday evening 27th August, after presentations.**

If you would appreciate the fun of being involved in helping make this international event awesome, with the great feeling that you've been part of the event organisation, please email <wright.nick@bigpond.com> as soon as you can with your available times, to be included on the team.

It will be great to see you as a helper and participant in this years Hoppet.

Look forward to speaking soon.

Nicholas Wright





Birkie Bits

by Nordic Ned

Junior Joey #1 (July 3rd 2016)

Fresh snow and sunshine was the order of the day for the first Junior Joey of the season. Around 20 junior skiers turned up, with a few travelling from Melbourne especially for the event. The juniors were broken up into three groups with Kristian taking the 'gliders' on their skating skis, Michelle taking the kids proficient on their classic skis for some downhill skills and Cameron 'king of the kids' Phillips taking the beginner group for some basic manoeuvring on ski skills.

Falls Creek User Guide

Click this link www.fallsuserguide.com

Australian XC Skiing Training Diary

Allison McArdle (currently coaching in Canada) is heading a project to update and reprint the Australian XC Skiing Training Diary. This will be the 5th reprint and update since it was first produced in 1986. It is anticipated that it will be available later this season.

Discover XC website

An introductory web portal that aims to boost cross country skiing participation at grassroots level. The website is now live for people to browse. Click this link www.discoverxcski.com For more information on getting started in the sport check out the *Get Started* section on the website!

National XC Skiing Website

Click this link to check it out www.ausxc.com. The National Race Calendar and race results can also be viewed on the site.

Online Race Entries

Online entries for the following races are now LIVE:

- Rocky Valley Rush – Falls Creek
- National Senior Championships – Falls Creek
- Kangaroo Hoppet – Falls Creek
- NSW Assorted Online Entries – P Valley

Visit the Club's website Home Page for the links.

Ski de Femme registration is live as well. Visit the Club website and look under Programs.

Ken Harvey — retirement

Ken recently retired from the teaching service after 55 years. He has been teaching at the Mt Beauty Secondary College since 1978. He is a past president of the Club and long-time committee member. Ken, enjoy your free time.

Hoppet Bag Packing Volunteers wanted

Thursday 18th August at the Hoppet Office starting at 10 am. Helen would like to hear from you. Please **Email** info@hoppet.com.au or **Telephone** 03 5754 1045 ASAP. She needs to know numbers.

Mid Season Dinner at Roi's

Thanks to Kerry Lucas who organised another successful club social function at Roi's Restaurant on Thursday 21st July. Thirty members were in attendance. The club subsidised the meal.

Race Committee Report

Marg Trnka – Race Secretary

1. We had our first meeting on the 21st of June 2016

Present- Marg Trnka, Michal Trnka, Paul L'Huillier, Nick Wright, Doug Hamilton. Apologies- Ronice Goebel

The meeting discussed the general preparation for the season; in particular the new timing system and the set up for race days. We are trialling the passive chips on our club race bibs for the season.

2. **Birkie Classic** – Saturday the 2nd of July. The race was held under great conditions and the track was excellent. There were 58 entrants on the day. We trialled several new ideas.

- Entering competitors straight onto the race result website at windy corner- saving a lot of angst about getting entries up to the bowl and uploaded up there- went really well.
- Passive system* timing chips (i.e. chip is stuck onto the bib) were used - there were problems with getting clean reads as people crossed the finish line. Michal and Bill have a lot of work to do to get the reading more reliable (see further down). **Note:** the *Active System* is in use when the chip is secured by an ankle band.
- Bib collection- trying to get the bibs cleanly off the competitors to save the chips- went super well with no damaged chips.

Fantastic effort to the race crew: Michal Trnka, Bill Little, Paul L'Huillier, Nick Wright, Misa Trnka, Rosemary and Mal Oldis, Doug Hamilton, Phil Thomas, Brian Scott, Rus Bellingham, Steve McDowell, John Bailey, Johanna Pikhanen and Roni McDowell. A special thanks to the FCRM grooming team of Geoff Sorensen and Paul Upton. Great classical tracks.

3. **Further timing-** Michal and Bill have worked tirelessly in the past few weeks to get the passive timing system to work more reliably. They have shadow timed the High Plains tour and HGA relays and then again for the Vic Juniors weekend. They have come to the conclusion that the system needs more powerful antennas and have sought the Hoppet's approval to purchase additional antennas. These issues are particular to snow events. Michal and Bill will continue to test the system at races prior to the Hoppet and are confident that they will have accurate reading soon. On a positive note Michal is making several discoveries along the way including uploading competitors finish videos to their results and also how to use the system in a much more portable mode allowing the timing to be done away from the race hut.

4. **RV Rush is a classic event on Sunday 14th of August.** 7km and 14km events. **Nationals – Seniors 20th/21st August.** Both have online entry. See website home page.

5. **Volunteers** — Paul will be looking for helpers for those dates, so if you can spare some time that would be fantastic. *Please contact him ASAP rather than having him contact you.* It's only for a couple of hours each day. You can spend the rest of the time skiing. **Mobile:** 0400 056 247 or **Email** paullhuillier@bigpond.com.



New Junior Joey Gliders Coach



A happy Aliena after successfully completing the On-Snow component of the Coach Level 1 course. Congratulations. (photo courtesy Ronice Goebel)

Aliena Oldis (Mount Beauty) is excited to take on this role and some juniors already have been out on the snow with Aliena.

Last week at Falls Creek Aliena completed the *On-Snow Level 1 Coaching Course* run by Kristian Holmsen and Rob Jones.

Joey Gliders is for junior skiers in grade 4 (and mobile grade 3 skiers)

To be a Joey Glider turn up ready to ski at 10 am. The session goes until 11.30, and when Mini Series is on, that event will be part of the session. The guidelines and schedule including whether it is skate or classic are on the club's Junior Notice Board.

Ronice Goebel

Ski De Femme

Saturday August 13th 2016

Birkebeiner Nordic Ski Club presents

A community cross country ski event for women at Falls Creek
Free coaching clinics - classic and skating.

10am Start Meet in the Nordic Bowl
12pm 1km, 2.5km and 5 km races

Presentations at Nordic Bowl or Windy Corner Day Shelter after the event.

GREAT SPOT PRIZES TO BE WON!!
NO RACE FEES
IT'S COOL AND IT'S FUN!!
BEGINNERS WELCOME!

Registration preferred. Register at
www.birkebeiner.org.au/events/races/racing/ski-de-femme/

For more information:
Ronice Goebel: 03 5754 4 910 or 0409 332 642 or
Alice Hamilton: 0419 349 319

www.birkebeiner.org.au

Online Registration is necessary. Please click [\[HERE\]](#)



Junior Birkie Program

Ronice Goebel & Michelle Forrer

Dates	Events	JUNIOR BIRKIES		JUNIOR JOEYS	
		Birkies Blue 1	Birkies Green 2	Joey Gliders	Junior Joeys
		Yrs 7 – 9 (with coach discretion) 1.5 hours	Grade 5 & above 1.5 hours	Grade 3/4 with some experience 1.5 hours	Younger or new to skiing 1.5 hours
Sat 6 th Aug	Mini Series #3 11am				
Sun 7 th Aug	Vic Interschools	10.00 am	10.30 BIRKIES 2 AND JOEYS GROUP SNOWGAIN/GEOCACHE		
Sun 14 th Aug	Rocky Valley Rush	1.30 pm	1.30 pm	1.30 pm – CLASSIC	
Sun 21 st Aug		1.30 pm	1.30 pm	1.30 pm – SKATE	
Sun 27 th Aug	HOPPET				
Sun 4 th Sept	Mini Series #4 11am				



JUNIOR BIRKIES

If you are ready to graduate from Junior Joeys, and are in year 5 to 9, then come along on Sundays from 10.30am to 12.00

Meet at the clubhouse and get ready to rock and roll, and ski!

You will have fun and learn a few more skills to get you zipping around the horseyards quicker or ready to race!

Coaching will be every Sunday until the Hoppet.

It's free for belonging to this great club!!

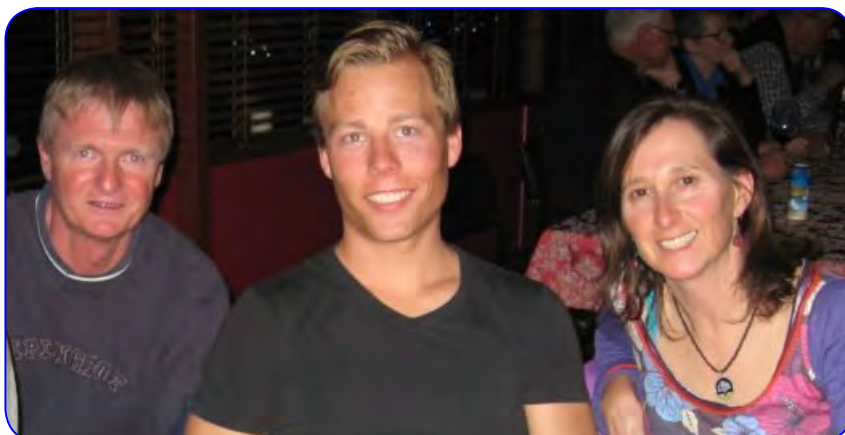
COACHES include your favorite super keen club coaches and our **guest coach Kristian Holmeson from Oslo Norway.**

REGISTRATION A MUST : Parents to contact **Ronice**, OR sign up juniors at the club house, and complete the medical form. The weekly program will be available at the clubhouse. Parents are encouraged to be involved.

NOTE - Times will vary when National races that BNSC organizes are scheduled.

Check club notice board regularly.

Contact Ronice: Tel: 5754 4910 / **Mob:** 0409 33 2642
Email <ronice.goebel@gmail.com>



Mid-Season Dinner at Roi's
From left: Peter Smith, Kristian Holmeson (Norwegian Coach) & Michelle Forrer. The Forrer family is one of the Club families billeting Kristian (photo courtesy of Trish Cross)



Birkie Junior Camp

Michelle Forrer

The 2017 camp held on the weekend of 9/10th of July was a great success. There were 18 juniors (13 boys/5 girls) ranging in age from 9 to 13 years. This year the camp backed on to the Vic Junior Camp. This worked well for parents with children in each camp and it also allowed a few VicSquad members to do both camps. There was plenty of snow and the weather was perfect – sunny Saturday, and an overcast Sunday with rain and snow building up just as we were finishing up. The juniors were on classic skis for the first day and skating skis for the second day.

A big thank you to the amazing parent helpers, Johanna Pihkanen, Conrad Forrer, Mike Manning, Joanne Grindley, Elise Armitage, Ro Packer, Vali Murnane, and Kate Prest.

Also to the wonderfully talented instructors - Kristian Holmsen, Paul Gray, Dean Gray, Abe Wright, Alecia Phillips, Nic Blackwell, Aliena Oldis, Jarrah Forrer, Jess Manning and Alice Hamilton - thanks for keeping the juniors safe, challenged and for volunteering your time.

Lastly, Thank you to Falls Creek Resort Management for complimentary bus entry for both days and Outdoor School Bogong for the use of their bus and facilities.



Another successful Junior Birkie Camp group of skiers with Norwegian coach Kristian Holmsen (photo courtesy of Kate Prest)



Junior Instructor Alecia Phillips with her very happy group of Birkie Junior girls (photo courtesy of Kate Prest)

Kristian with his very keen group of Birkie Junior boys (photo courtesy of Kate Prest)





Murnane Family (USA)



*The visiting Murnane Family from Lake Tahoe, California USA.
From left: Lily, Valli and Kai
(photo courtesy Ronice Goebel)*

From Ronice — Valli and her kids have guest membership to our club for winter. Valli is the XC Ski Area Manager for Tahoe City in California. It's been great having the Murnanes here. Valli is also involved in running their junior program that has 200 kids signed up!

From Valli — We arrived in Melbourne from Lake Tahoe on July 3rd and headed straight for Bogong. My daughter Lily and son Kai both had the wonderful opportunity of participating in the Vic Squad and Junior Birkie programs that week. From day one, we were welcomed with open arms and it was very obvious what a warm and welcoming cross country ski community the North East region has. The hospitality has been wonderful and the daily greetings as we enter the Birkie Club House make us feel right at home. The Nordic community is a special group of people, not only in my hometown but also across the other side of the world. Lily and Kai have loved every minute of being in Australia, meeting new friends and participating in the wonderful programs that are sponsored each week by your club. Thank you to BNSC for allowing us to “move-in” and also to Ronice for helping us navigate the logistics of XC skiing in Victoria. We look forward to the next 4 weeks of our visit. I'm writing this from Jindabyne as we get ready to head up to Perisher for Junior Nationals. We will be permanent residents of Mt Beauty from August 11-28 and then get back on the big bird to head home to Lake Tahoe on August 29. Please contact me if you plan to visit Lake Tahoe and especially if you plan to come and ski. My email is <valli@tahoexc.org>.

Update - congratulations to Lily who won her event to become the U14 Australian Sprint champion.

National Juniors – Perisher Valley



*U14 Boys Distance (C)
Left: 2nd-Tommi Silverster (BNSC), 1st-Hugo Hinkfuss (NSW & 3rd-Ash Forrer (BNSC)
(photo courtesy Michelle Forrer)*



*U16 Girls Distance (C)
Left: 2nd-Brianna Oldis (BNSC), 1st-Maysen Duffy (BNSC)
(photo courtesy Ronice Goebel)*

For a full list of the 2016 National Junior Sprint & Distance results click this link <<https://ausxc.com/category/results/>>



Instruction/Coaching Clinics

Adult Instruction Timetable



Kristian Holmsen

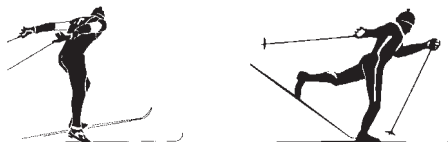
AUGUST	SUN 7 1.30-3 pm	SKATE BEGINNER
	THURS 11 9.30 – 11 am	CLASSIC INTERMEDIATE
	SUN 14 2:00-3.30 pm	SKATE INTERMEDIATE
	TUES 16 11-12.30 pm	SKATE INTER/ADVANCE
	THURS 25 9.30 – 11 am	SKATE INTERMEDIATE

Meeting place & time — Nordic Bowl Race Hut 15 minutes before the start of the session. If using waxed skis for the classical sessions make sure your skis are waxed and ready to go.

During winter, Kristian will be out on the tracks offering adult ski skill *development* sessions.

Limited numbers in each session so places will be allocated on a *first-in first-served basis*.

Bookings essential — To Nick Wright (*BNSC liaison committee member*): Email: <wright.nick@bigpond.com>.



**Worldloppet Race
3rd September 2016**

Snow Farm, Cardrona NZ

<<http://www.merinomuster.com>>

Membership 2016

Jim Gargan – Membership Secretary

Yes, June (it's now July) is time to sign up for your club membership. You need to be a paid up member by 30th June at the latest.

The AGM decided to keep membership fees the same as last year.

Please log on, register, and pay with your credit card.

Click [\[HERE\]](#)

Here are some helpful hints.

1. Ignore any request for a password at the start. You have to **start a new membership** each year. Look for the small blue link on the right hand side: "Start a new membership with this address". Otherwise just fill in the boxes.
2. *Families*: Please enter just **one adult** for the family membership, preferably the one with the **family surname**, and then list the other family members in a single line in the box provided. That means only one form for you to fill in, and one payment of \$75.
3. *Couples or parent and child*: Enter one adult, then click on 'add another person' (don't check out yet!). You may need to create a password in order to add the second person. Ignore any further requests for another password for the second person before proceeding to checkout.

Having trouble? **Email**: Jim <jegargs@gmail.com>

Mob: 0409 493 202

Fees: Family \$75.00, Single \$35.00, Junior/Student \$25.00 and Associate/S&R member \$25.00.

New Members

We welcome the below new members*:

- Colin Addison — Ferntree Gully
- Judith Barnes — Ferntree Gully
- Justin Borrell — Mount Beauty
- David Family — Armadale
- Helbig Family — Brighton East
- Leeanne Kodric — Shepparton
- Lowman Family — Albert Park
- O'Brien Family — Ringwood
- Piera Family — Tawonga South
- Porter Family — Bright
- Timewell Family — Tawonga
- Duffy Family — Middle Park

*provisional until approved by committee



Ski de Femme — Saturday 13th June 2016
Online Registration is necessary. Please click [\[HERE\]](#)



Mid-Season Dinner at Roi's Restaurant

Photos courtesy of Trish Cross



From left: John Bailey, Liz Harvey, Meg Crebbin & Oldrich Sadilek



From left: Michelle Forrer, Gary Taylor, Ken Harvey, Liz Harvey, Grace Taylor & Marg Taylor



From left: Diane Hamilton, Doug Hamilton, Christine Hamilton & Blair Hume